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# Nut Menu



Giving Minute Description of How to Prepare the  
Well-Known Edible Nuts of  
Our Markets for the Table



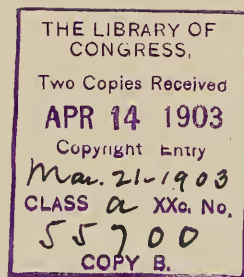
ALMONDS  
CHESTNUTS  
HICKORY NUTS  
PECANS  
PEANUTS  
SHELLBARKS  
WALNUTS, Etc.

## A Treatise

ON THE PREPARATION  
OF NUTS FOR THE :: ::  
PALATE :: :: :: ::

BY  
A. S. FLOWERS





Dedicated to Glen Orchard, and Copyrighted, 1903, by

A. S. FLOWERS,  
MOUNT JOY, PENNSYLVANIA.



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## MY INTRODUCTION.



LEN ORCHARD, in honor of which this book is dedicated, has had many practical experiences in the way of growing and establishing to general use the PARAGON CHESTNUT. These Chestnuts are the greatest improvement over the common, natural, or wild American Chestnut of the woods yet known; the nuts are three to four times the size of ordinary chestnuts, very beautiful in appearance, and equally sweet and rich in quality.

Some fifteen years ago here was started a PARAGON CHESTNUT ORCHARD, the first and only one of the kind in this country, which proved to be a success. Then the question arose, what was to be done with the product? an answer to this, was to establish the general usefulness of this Nut, not only as a luxury, but as an article of food as well, which was successfully brought about to the entire satisfaction of the Public at the Hotel GLEN ORCHARD—Hence this book **“NUT MENU.”**

Yours truly,

*A. S. Flowers.*

P. S.—The several illustrations will convey to you the pleasures of a Nutting Party at GLEN ORCHARD.—A. S. F.

MY DEAR READERS:

My intention is not to publish in the following pages an extensive volume full of long and complicated recipes, but to tell you how, at a small expense, Nut cooking may be made not only substantial and wholesome, but also appetizing and palatable.

The United States Department of Agriculture, Division of Pomology, in 1896 published a special report on Nut Culture in the United States, which has stimulated cultivation and growing of extensive orchards of the various Nuts throughout the country, so much so that our markets are now being well supplied with good Nuts ; not only that, but at prices that are within the reach of all, so they may be used as food and not as a luxury or delicacy only. History tells us that the Indian used the wild American Nuts as food when the white man first came.

# NUTS NOURISHING AND DIGESTIBLE

*Prepared Nut Food Especially Desirable  
for Invalids and Children*    ✻    ✻    ✻

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SETTLED idea has prevailed for years that Nuts partake of the character of luxuries rather than of necessities, and for this reason have been classed with fruits rather than grains. And yet the design of nature is very evident when we consider that they are the only and life-sustaining food of a larger percentage of the most active life in the animal world, and life of the most strenuous sort.

Human beings, as well as animals, have a natural liking for Nuts, which must have its origin from the same source—a physical want.

Man lacks the instinctive knowledge his silent brethren possess—the fact that there is no better substitute for animal meat, or a food so full of nutrition, as the Nut—and, as a consequence, misuses and misapplies a wise economy of nature.

Besides the large amount of albumen, Nuts contain oil which in winter makes them especially desirable in the human economy.





Scientists assert that Nuts contain more elements of nourishment than butter and meat combined.

The fats, besides being entirely free from germs of any description, are eaten uncooked and in their natural state, and are perfectly digestible when fresh.

In the Nut nature has secreted a supply of energy, strength, and health, gathered from her various woodland stores, that is absolutely unpolluted and free from adulteration.

As in the case of all concentrated foods, the Nuts are classed with those that are not easily digested.

This term must not be misunderstood as meaning food that is not wholesome (hygienic) and which does not contain the essential elements for the body's health.

It is used to convey to those who have but an imperfect knowledge of life-sustaining principles the warning not to over indulge in too large an amount of concentrated nutrients.

Imperfect mastication is generally the cause of difficulty in digesting Nuts, because the construction presents their constituent parts in such fine subdivision they are ready for quick digestion and prompt assimilation. If the teeth are allowed to perform their part in the digestive process, and the nut meats not hurried into the stomach before they are completely masticated, the stomach is a good neighbor to the mouth, long suffering and kind, but will in time resent being burdened with the sins of other members in the house beautiful who shirk their duties.

Nuts are a suitable food for most invalids and for children if they are properly







WE TAKE THE STEAMER "GLEN ORCHARD" FOR A DAY'S NUTTING.



masticated. When there is difficulty in accomplishing this, the whole Nuts should not be given, but the prepared Nut foods which are made ready especially for invalids and children's food, and are in fact more suitable in general dietary than the whole Nuts.

Most Nuts being practically free from starch, and their fats in a state of natural emulsion, they are especially adapted to the use of a very common and numerous class of dyspeptics, those who can not digest starchy foods.

Peanuts are not very palatable eaten raw.

The Paragon Chestnut, which is used very considerably for culinary purposes, has a most agreeable flavor when cooked, besides being very nutritious, easily cooked, and digestible.

Peanuts are improved in flavor and digestibility when they are properly prepared; and, in fact, decidedly so with all kinds of Nuts. This must be done at a proper temperature, which should be only sufficiently high to remove certain obnoxious elements in order to make them more palatable.

The ordinary method of roasting employed by the trade renders them still more digestible to delicate eaters than the raw Nut would be. Too high a degree of heat destroys the delicacy as well as the wholesomeness of the Nut.

Peanuts may form the basis of many very palatable dishes, as well as take their part as accessories in the form of bonbons or flavoring for cakes, creams, etc.

Nuts and fruits form a combination that is almost perfect as an average dietary, giving, as they do, the high proportion of proteids (albumens), the pure and easily-

**Nuts that  
Require  
Cooking**

**Nuts and  
Fruits**





digested fats of the Nuts, the sugar of the fruits to supply the energy and heat-producing needs of the body, while the acids of the fruits aid in the complete digestion of these substances.

Good humor and good health depend largely on good living; by good living we mean the selection of such foods that will increase the vitality of body and mind. Keep all parts of the organism in health and give nature more resources in time of extra stress, and place the body in better condition to resist destruction. **Good Living**

The State Department at Washington, D. C., has received a report from Limoges in which the independence of the French peasant upon the Chestnut is described. The poor people, it says, during the fall and winter often make two meals daily from Chestnuts. **Two Meals Daily** The ordinary way of cooking them is to remove the outside shell; blanch them; then a wet cloth is placed in an earthen pot, which is almost filled with raw Chestnuts; they are covered with a second wet cloth and put in the fire to steam; they are eaten with salt and milk. Hot steamed Chestnuts are carried around the city streets in baskets or pails. The majority of the working people, who have no fire in the morning, eat them for their breakfast with or without milk.

Physicians state that as an article of food Chestnuts are wholesome, hearty, nutritious, and fattening. These Nuts are often used as a vegetable, and are exceedingly popular, being found on the tables of the wealthy; they are served not only boiled, but roasted, steamed, pureed, and as a dressing for poultry and meats.





At first glance nothing pleases the eye of a guest more than a well-set table—that is, where elegance is combined with good taste.

The table can be round, square, or long, but should be spacious enough to avoid the crowding of dishes or covers, and to permit the guests being comfortably seated.

There are many ways of decorating a table, the following being the one our experience has proven to be the best. Of course, the nutting season being autumn, everything else should be in keeping:

Place a centerpiece (*this being a Chestnut Dinner*) made up of Chestnut Burrs, open and with the Nuts in them, around which may be disposed autumn leaves or branches of autumn leaves in all their artistic colors.

Candle light being more fashionable than gas, and also more beautifying for the ladies, candles should be placed in open burrs with the Nuts taken out. The lighting can be arranged by placing the burrs with the candles on vases of different heights.

Before each plate place a glass for water or iced tea, as may be chosen. At the right of each cover the knife, fork, and spoon. These should be changed with each course.

The napkin should be of good size, placed on the plate folded.

Between each cover should be individual salts and peppers.

Before each cover, and supported by the glass, should be the “Menu,” hand-written, and the name of the particular guest who will occupy the place may be written on the card, as well as being decorated with a neat autumn leaf. This “Menu” card should be made especially neat and attractive, as the guests usually preserve them as souvenirs.





AND LAND AT THE SPRING "GRANVILL."





All dishes are prepared in the kitchen and served from a side table, the dish being presented at the left of every guest (*ladies first*) and removing all dishes to the right of the guest.

As a last advice remember the old adage: The dinner should never await the guests, but the guests the dinner; because however well cooked, a dish can not be warmed over.

We will describe the principal soups, which can be made easily by any housewife by modifying some of the recipes; for instance, by replacing in a puree one kind of vegetable for another, by game instead of fowl; or by varying the garnishing, she will have quite a number of soups at her disposal. She should be careful, however, always to follow the general rules. **Soups**

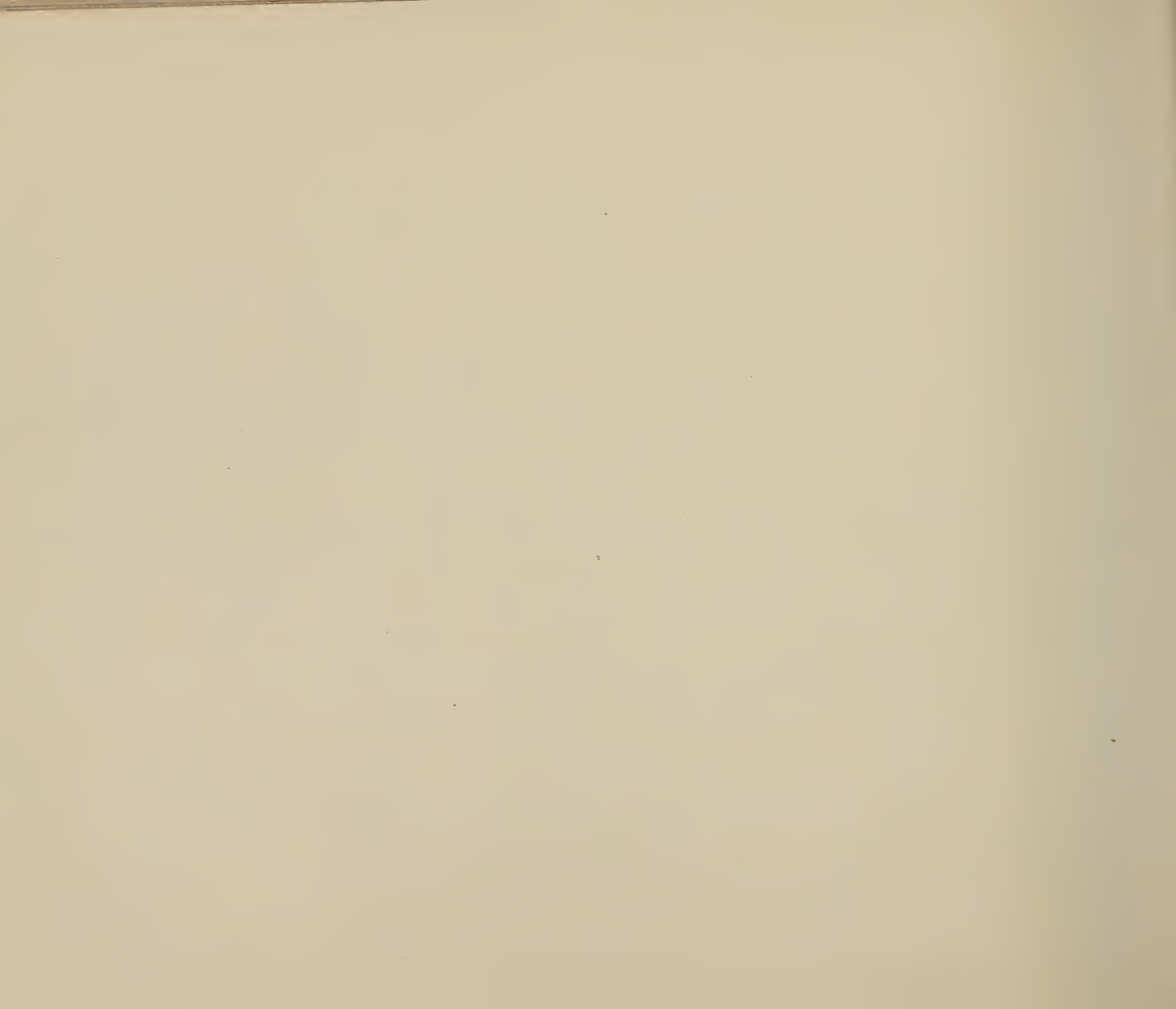
The soup beginning the dinner should be at the same time palatable and light, so as not to overload the stomach.

Stock being the foundation of all our soups, to serve its purpose well must be fresh. To obtain a very good stock use at the same time beef, veal, and fowl; six parts beef, two of veal, and one of fowl.

Chestnuts must all be blanched before they can be used in any recipe.

**Chestnuts**

Remove the shells, place the nuts in boiling water, and let remain ten or fifteen minutes; pour off the water and the brown skin will readily slip from the kernel, then the Chestnuts are ready for use in any recipe. **To Blanch Chestnuts**



*The following Chestnut Menu may be served for a  
Hallow-E'en Dinner.*



## **CHESTNUT MENU**



### **SOUP**

PUREE OF CHESTNUTS

OLIVES

BAKED CHESTNUTS

ROAST FOWL

CHESTNUT STUFFING

CRANBERRY SAUCE

VEGETABLES

MASHED POTATOES

FRIED SWEET POTATOES

PEAS

CELERY

CHESTNUT SAUCE

FRUIT

CHESTNUT CAKE

ROAST CHESTNUTS

CHESTNUT ICE CREAM

COFFEE



FIRST OF ALL, TWO  
VERY IMPORTANT  
UTENSILS OR IMPLE-  
MENTS FOR THE  
PREPARATION OF  
NUTS ARE A

**No. 1**

**"UNIVERSAL"  
CHOPPER**

AND A

**"VICTOR"  
FLOUR SIEVE**

WHICH WILL BE  
FURNISHED BY THE  
WRITER :: :: ::







## **Puree of Chestnuts**

Shell and blanch one quart of Paragon Chestnuts; put them in a soup kettle and cover with one quart of stock; add a slice of onion, two bay leaves, a quarter of a teaspoonful of celery seed, or half a cup of chopped celery tops; cook slowly for twenty minutes until the Chestnuts are tender; press through a colander first, then through a sieve; return the puree to the kettle, add a pint of milk, rub together two tablespoonsful of butter and one of flour, stir into the hot puree, stirring constantly for five minutes; add a teaspoonful and a half of salt and half a teaspoonful of pepper; press again through the sieve, reheat, and it will be ready to serve.

## **White Puree of Chestnuts**

Take a hundred Paragon Chestnuts and make a slit across the top of each to prevent their bursting; melt two and a half ounces of butter in a clean stewpan, put in the Chestnuts and fry them gently until the husks come off easily; now remove all skin and brown them; put them in a saucepan with one quart of milk and water mixed together in equal proportions, add one small onion, one stick of celery (the white part only), and one small cleaned carrot cut in half only; simmer all these gently till the Chestnuts are quite soft; drain off all the liquid and remove the onion, celery, and carrot; pound the Chestnuts till smooth, then rub them through sieve; add some of the liquid in which they were boiled as you put them through the sieve, it makes them work easier; when all is rubbed through add any milk and water you may have left out and one other quart of milk as well; reboil this, stirring all the time; then let it simmer gently by the side of the stove and keep it well skimmed. Just before serving it season with pepper, salt, a few grains of sugar, and pour in half a pint of thick cream; serve with fried squares of bread.





AT THE CROSSING, THE GENTLEMAN WITH THE CANE RELATES OF A  
PARAGON CHESTNUT ORCHARD.





Take a pint of Paragon Chestnuts, shell and blanch, put them into a pint of water, and simmer gently until tender ; press them through sieve ; put one quart of milk in a double boiler ; rub together one large tablespoonful of butter and two of flour ; now add this to the milk and stir until boiling ; add the Chestnuts, a teaspoonful of celery seed, a tablespoonful of onion juice, and a dash of white pepper ; strain again through sieve and it is ready to serve.

**Cream of  
Chestnut  
Soup**

Stew for one and one-half hour a carrot, the heart of a bunch of celery, a large onion, six cloves, a teaspoonful of salt, some black pepper, and a quart of stock. Take two dozen Paragon Chestnuts, shell and blanch, then boil them until quite soft, after which rub through sieve ; put them into the soup stock with a teaspoonful of corn flour and one-quarter pint of cream ; boil up and serve.

**Chestnut  
Soup**

Chestnut flour is made by shelling and blanching Paragon Chestnuts, then put them on a dry board for several days so they become quite hard and flinty, then grind them in the universal chopper, and should they not be fine enough by once chopping, repeat until they are like flour. Some flour should always be kept on hand for thickening of soups, etc.

**Chestnut  
Meal or  
Flour**

Peanut soup is made like a dried pea soup. Soak one and one-half pints of Nut meats over night in two quarts of water ; in the morning add three quarts of water, a bay leaf, a stalk of celery, a blade of mace, and one slice of onion ; boil this slowly four or five hours, stirring frequently to prevent burning ; rub through sieve and return to the fire ; when again hot, add one cup of cream ; let the soup boil up once and it is ready to serve.

**Peanut  
Soup**



Shell and peel off inner skin, then chop very fine and stir them thickly in mayonnaise dressing and spread between thin slices of bread. No. 1.

**Peanut  
Sand-  
wiches**

Shell and peel off inner skin, then chop very fine and spread them thickly on thin slices of buttered bread ; sprinkle lightly with salt before putting slices together. No. 2.

Shell and peel off inner skin, then chop very fine, and mix with enough cream cheese to hold them together ; spread this on good-sized square crackers and serve with lettuce salad. No. 3.

Roast one quart of Paragon Chestnuts, shell and mash; take one-half and add a tablespoonful of butter, a teaspoonful of salt, and dash of pepper; thoroughly mix and fill the chicken. With wooden toothpicks pin thin slices of pork to the breast of the chicken and place it in the pan; pour in a half cupful of water and half teaspoonful of salt. In roasting allow one hour to four pounds, basting frequently. When done remove the chicken and put in the pan the balance of the Chestnuts; add one-half pint of stock, salt and pepper to taste, and stir until it boils. For Roast Turkey use double the quantity of Chestnuts.

**Chestnut  
Stuffing**

To Stuff  
Chicken with  
Chestnuts

For a sixteen-pound Turkey use two quarts of Paragon Chestnuts; shell and blanch boil, with a pinch of salt in the water, until quite soft, after which chop with chopper; sprinkle with celery salt; crumble one loaf of stale bread; add a small lump of butter; salt to taste; chop ends of celery (about one stalk); flavor with half a small onion or thyme, sage or parsley, celery, and a little pepper. If the Turkey is well basted the dressing will be moist and better flavored.

**Chestnut  
Turkey  
Stuffing**



Place a saucepan, with one tablespoonful fine-chopped onion and two ounces butter, over the fire; cook five minutes, without browning; add six ounces fine-chopped fresh pork from the loin or tenderloin; add twelve fine-chopped mushrooms, twelve finely-chopped cooked Paragon Chestnuts; stir and cook five minutes longer; remove from the fire; season with one teaspoonful salt, one-half teaspoonful pepper, and one-half pound whole-shelled blanched and cooked Paragon Chestnuts, three tablespoonsful of stale bread crumbs; mix all together, and the stuffing is ready to use.

**Chestnut  
Stuffing  
for Birds**

Boil one pound of shelled and blanched Paragon Chestnuts in milk until tender, then chop them fine and mix with two ounces butter, a little salt, and pepper. Mix with this puree four ounces sausage meat and the stuffing is ready to use for all sorts of birds.

**Chestnut  
Stuffing  
for All  
Game  
Birds**

Take fifty shelled and blanched Paragon Chestnuts and stew them for a quarter of an hour with half a chopped onion, one-half pound of sausage meat, two ounces of butter, a little chopped parsley, and some grated stale bread crumbs. To this is added the chopped liver of the fowl, which has been previously scalded. With this mixture the fowls are stuffed; they are then roasted and served with a puree of Chestnuts, either surrounding them or served in a sauce boat.

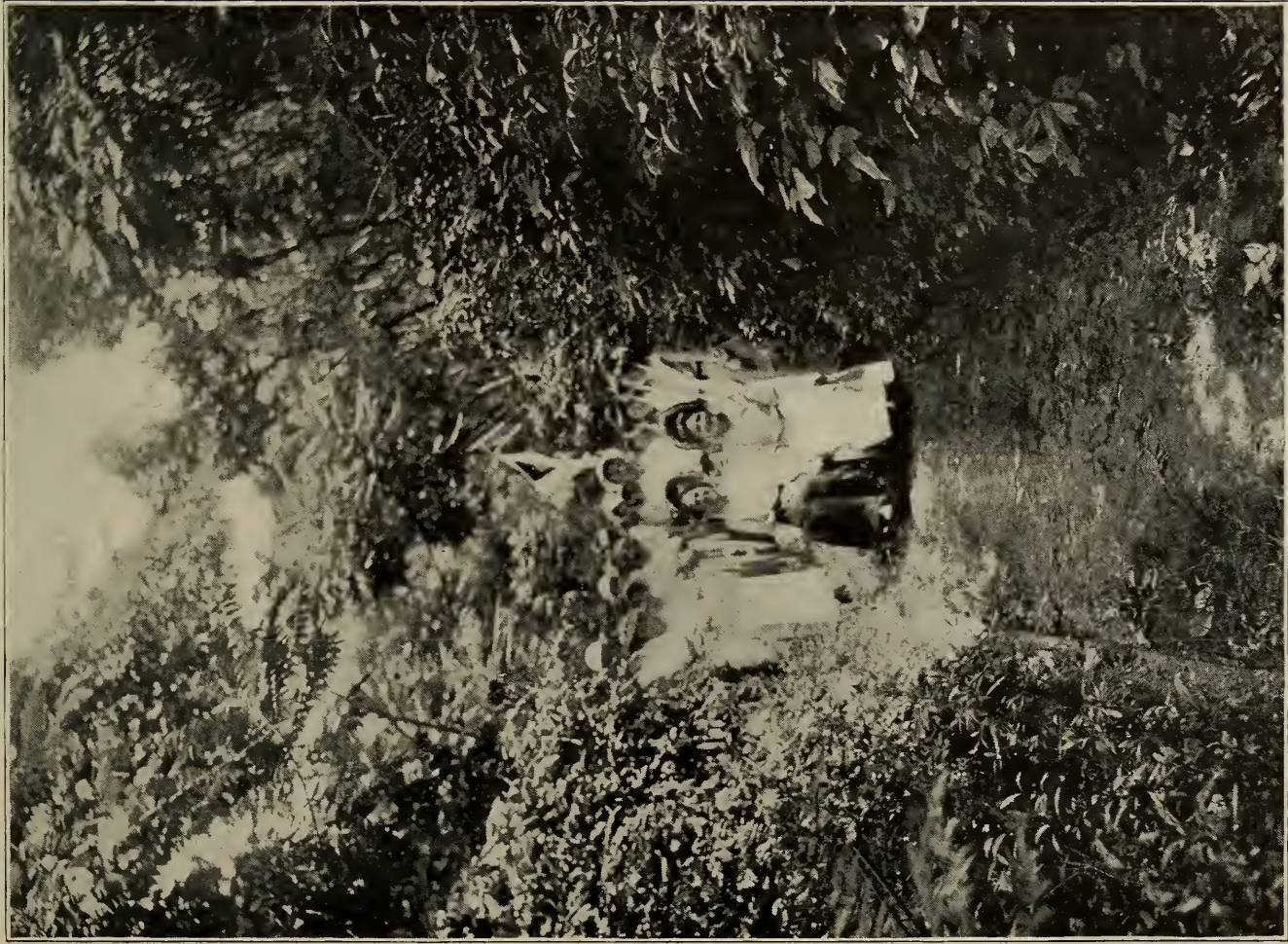
**Chicken  
with  
Chestnuts**

Shell and blanch sufficient Paragon Chestnuts to make a pint; this will take about one and one-half pints with the shells on; boil the Chestnuts until tender, drain, then mash through a colander with an ordinary potato masher, while hot; add a teaspoonful of salt, a tablespoonful of butter, a dash of cayenne, and a teaspoonful of onion juice; mix, form into cylinders, dip in egg and bread crumbs, and fry in smoking hot fat; serve hot.

**Chestnut  
Cro-  
quettes,  
No. 1**







AND THE WATCHMAN CAUGHT US IN AMBUSH.



These make a delicious accompaniment to a Thanksgiving turkey, and may take the place of potatoes if the latter are served with a fish course. Shell fifty Paragon Chestnuts, cover with water and boil half an hour, then pound the Nuts very fine, add a teaspoonful of butter and pound until mixed to a paste; add another tablespoonful of butter, a saltspoonful of salt, and pound ten minutes; then add a cup of cream, a little at a time; when all is worked in, press through sieve; beat three eggs until light and stir into the mixture; turn into double boiler and cook eight or ten minutes, stirring constantly; by this time it should be smooth and thick; turn out on a shallow dish to cool, then butter the hands slightly, and form the paste into little balls or cones; dip into beaten egg, and then in fine bread crumbs, and fry them in deep hot fat until a delicate brown.

**Chestnut  
Croquettes,  
No. 2**

Core and pare five tart apples of uniform size, put them in a deep earthen baking dish suitable for serving; chop five boiled Paragon Chestnuts, five stoned dates, five seeded raisins, and five English Walnuts; mix with them five teaspoonsful of sugar and five of lemon juice; fill the core cavities with this mixture, melt five tablespoonsful of sugar and five teaspoonsful of butter in one cup of hot water; pour it over the apples and bake in a hot oven, basting them frequently with the sirup; be careful that it does not cook away and burn; add more water, if needed, to prevent this; there should be just a little rich thick sirup at the last; serve hot with thin cream, or cold with whipped cream.

**Chestnuts  
with  
Apples**





Boil one pint of Paragon Chestnuts ; remove the shells and thin skin; press through sieve or put through the copper ; cream one-half cup of butter with one-half cup of sugar; add to this the well-beaten yolks of three eggs, one cup of milk, one-half cup of bread crumbs, and the grated rind of one lemon; mix this all thoroughly together with the Chestnuts, then add the beaten whites of the eggs; place in a butter mold and steam for about one hour ; serve with custard sauce or whipped cream.

**Chestnut  
Pudding,  
No. 1**

Shell, boil, and blanch until tender one pint of Paragon Chestnuts ; drain, and dust with salt and pepper and set aside to cool ; hard boil two eggs at serving time, arrange lettuce in the salad dish, put in the Chestnuts, and pour over a French dressing, using lemon juice instead of vinegar ; hold a small sieve over the dish, rub the eggs through, covering the salad lightly.

**Golden  
Chestnut  
Salad**

Blanch, boil Paragon Chestnuts ; chop fine, with a little orange water, so as to press through sieve ; to each pint add one ounce of dissolved gelatin, four tablespoonsful of firmly whipped cream, one tablespoonful of granulated sugar ; chill ; serve heaped in small china dishes

**Chestnut  
Marrons**

Take one pound of Paragon Chestnuts, shell and blanch, boil until tender, rub them through sieve; weigh one-half pound of this and mix it with a pound of flour and add a teaspoonful of baking powder. In another bowl, six ounces of butter and add six of granulated sugar; when well mixed add three unbeaten eggs, one at a time; beat up well; flavor with a teaspoonful of vanilla and add the Chestnut flour already prepared ; after

**Chestnut  
Cake**



the first half of the flour has been added, pour in one gill of milk, add the second half of the flour, and bake in a moderate oven for two hours.

Put on to a board six ounces of Paragon Chestnut meal and four ounces wheat flour ; **Chestnut Biscuits** make a hollow in this with your knuckles and place in this four ounces slightly-warmed butter (mind this does not oil) and three ounces caster sugar, and work it all to a stiff paste ; roll this paste out evenly, cut the result into quarters and roll these out again ; then break off several pieces and roll these into fingers three inches.

A good plan for storing Paragon Chestnuts for winter use is to place a small quantity of salt in a bag with the nuts ; they will become soft and sweet, and any worms which happen to be among them will be driven out. The bags will become covered with sweat caused by the salt, but this will not impair the quality of the nuts in the slightest degree. This plan is followed by many persons, and is considered one of the best. **Chestnuts for Winter Use**

Shell and blanch one quart of Paragon Chestnuts; boil fifteen minutes; add a teaspoonful of salt, and boil five to ten minutes longer, or until they can be pierced with a fork. Remove from pan, drain, and cover with cream sauce or drawn butter. **Baked Chestnuts**

Shell and blanch twenty-five Paragon Chestnuts; boil until tender; rub through sieve. Place this in a double boiler with half a pint of cream, four ounces of butter, three ounces of sugar, a little vanilla, and a little salt. Stir over a slow fire till it thickens, then quicken the motion of the spoon to prevent the mixture from sticking to the bottom of the stewpan as soon as it shrinks away from the sides of the stewpan. Remove from the fire, add four yolks and the whites of three perfectly fresh eggs whipped firm. Pour **Chestnut Pudding, No. 2**



the pudding mixture into a plain mold, previously spread with butter, and then steam it for an hour and a half. When the Chestnut Pudding is cooked turn carefully out of the mold and pour some warm, diluted apricot jam over it.

Take one quart of Paragon Chestnuts; shell and blanch them; put the Chestnuts on to boil with a little salt; then put in one and one-half pound prunes, one-quarter pound raisins, same of currants; chop one onion into this and sugar to sweeten, and some lemon juice; then add a dip of flour and water and a little cinnamon.

### **Cooked Chestnuts**

Chestnut Meal makes a delicious pudding sauce precisely as you would make white sauce (melted butter made with milk) by rubbing the meal till smooth over the fire, with about one-half ounce of butter to the tablespoonful of meal; then diluting it with half to three-quarters of a pint of milk, sweetening and flavoring it to taste. It will take twelve to fifteen minutes' cooking after it boils. If you use stock instead of milk it will make a very good, savory sauce, delicious for serving with cutlets, etc.

### **Chestnut Sauce**

Shell a pint of Paragon Chestnuts; boil in salted water three-quarters of an hour; drain, remove the inner skin, mash, and rub through sieve. Beat to a cream a quarter of a pound of sugar and four tablespoonsful of butter; add the beaten yolks of four eggs, the Chestnut powder, a quarter of a pound of bread crumbs, a cupful of milk, and the juice and grated rind of a lemon; beat fifteen minutes; cut in lightly the stiffly-beaten whites of four eggs; turn into a buttered mold; cover and steam forty-five minutes; serve with cream and sugar.

### **Chestnut Pudding, No. 3**







ON EAGLE CLIFF, THE WATCHMAN'S LOOKOUT.



Take a quart of Paragon Chestnuts ; shell and blanch ; cook them until quite tender, **Way with Chestnuts** and pound them with four or five ounces of fresh butter (for one and one-half pound of nuts weighed after the shells are off, for which it will take about one quart with the shells on); rub this through sieve ; then mix into this quickly two ounces of caster sugar, a good tablespoonful of thick cream, eight or ten drops of essence of vanilla, the white of one raw egg, two tablespoonsful of orange-flower water, and one of brandy ; work this all up into a ball ; then roll it out about one-quarter of an inch thick, sprinkling it with a little icing sugar and stamping it out in rounds or rings, to taste ; place these on a tin near the fire till the surface is quite dry ; then dip each piece into boiled sugar, and when set, put the pieces together into a basket or cup-shape ornament, with pink and white icing, and when cold, fill up with whipped and flavored cream and garnish with spun sugar.

Take one and a half pounds of Paragon Chestnuts ; shell and blanch ; half pint of milk, teaspoonful of vanilla extract, one and one-half gills of water, two ounces of loaf sugar, one gill of sweet jelly, one and a half ounces of grated chocolate, half an ounce of gelatine, and a quarter pint of cream ; then stew the Chestnuts in the milk, flavored with vanilla, till tender ; keep twelve for decorating ; rub the other Chestnuts through sieve, using some of the milk to keep a little moist ; boil the chocolate and jelly together, and cool it; place this on the border of a double mold, previously rinsed in hot and cold water, leaving a little of the mixture out to coat the twelve Chestnuts; boil the two ounces of loaf sugar, the gill and a half of water ; dissolve the gelatine in it, mix it with the





Chestnuts, and place it into the center of the mold ; when this is cold turn it on a glass dish, surround it with the chocolate-coated Chestnuts and the quarter of a pint of cream, whipped to a stiff froth.

Boil forty Paragon Chestnuts for eight minutes, remove the husks and skins, place in a saucepan a quarter of a pound of granulated sugar and a gill of water, and when it comes to boil drop in the Chestnuts and let them remain until they have absorbed all the sirup ; take them out, arrange high on a glass dish, squeeze over them the juice of half a lemon and sprinkle with granulated sugar ; serve when cold.

Mash and sift enough drained and boiled Paragon Chestnuts to make one pint ; salt it slightly ; melt one-half cup of grated sweetened chocolate over hot water, or if you use plain chocolate, add powdered sugar and vanilla to taste ; stir this into the sifted Chestnuts, and turn it into the center of a dessert dish ; sweeten and flavor one pint of thick cream, whip it stiff and pile it lightly around the edge.

Gash each side of the Chestnuts, put them in a hot pan with one teaspoonful of butter for a pint of Nuts ; place in a hot oven, shake them frequently, and when nearly tender remove them and peel off the shell and skin ; put two cups of sugar, the juice of two lemons, a bit of stick cinnamon, and the thin, yellow rind of one lemon over the fire, and when boiling add the Chestnuts, and simmer until quite soft ; skim out the Nuts into a puree sieve, strain the sirup, and put it in a double boiler, add the beaten yolks of four eggs, mix with one cup of cream, and cook until thick and smooth ; mash the Nuts through the sieve, add the custard and flavor with vanilla and a little salt ; turn into the

**Compote  
of  
Chestnuts**

**Chestnuts  
with  
Chocolate**

**Chestnut  
Ice  
Cream,  
No. 1**

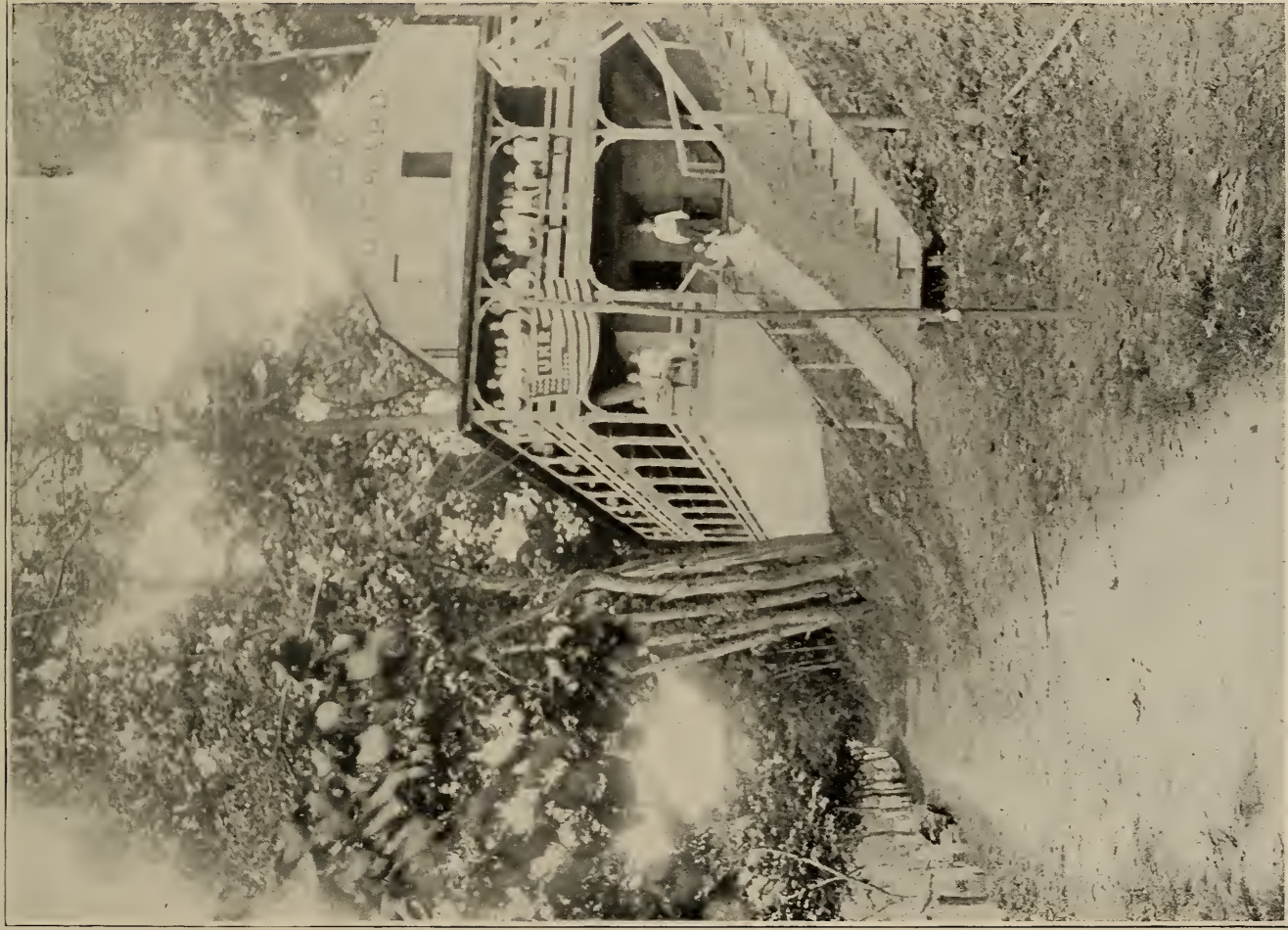


freezer, and when partly frozen turn in one pint of cream sweetened and whipped, continue freezing, and when hard pack in the can or in a mold, and let it stand two hours to ripen.

Remove the shells from one-half pound of Paragon Chestnuts; scald and remove every bit of the inner skin; put them in a double boiler with milk enough to show among the nuts, and cook until very soft and the milk is absorbed. Rub them through sieve and add a little salt, one-half teaspoonful of vanilla, and half cup sugar. Put it over a slow fire and stir it till the sugar melts and the mixture leaves the sides of the pan; then set away to cool. Sweeten, flavor, and whip one pint of cream and heap it lightly in center of a glass dish. Surround it with a band of paraffine paper; then press the Chestnut puree through a ricer around the edge; remove the paper; put a row of candied red cherries around the base of the cream and a few on the top. Serve it very cold. **Chestnut Foam**

Remove the shells and skin from one pound of Paragon Chestnuts; cook them in boiling water; slightly sweeten, and flavor with thin shavings of lemon until they are very soft; drain and mash them very fine; then press them through sieve; add just a suspicion of salt; sweeten one pint of thick cream with one-third cup of powdered sugar, and flavor with one tablespoonful of canned cherry sirup. Whip to a stiff froth, using a fork or a wire spoon. When it begins to thicken add the sifted Chestnuts a little at a time, and when stiff pile it in a mound in a pretty dish (glass preferred) and make a wall around it of the drained cherries. Let it become very cold before serving. **Chestnut Cream**





THE HOUSE WHERE PARAGON CHESTNUT DINNERS WERE  
SERVED EXCLUSIVELY.





Make a plain cream, using one pint of milk brought to the boil in a double boiler; with the grated rind of an orange pour this over two eggs beaten with a cup of sugar, and add two tablespoonsful of gelatine soaked in cold water; stir until dissolved, and when cold add the juice of the orange and a dozen and a half of Paragon Chestnuts, shelled, blanched, and cooked tender in boiling water; drain, press through sieve, and cook with a gill of water for twenty minutes. Lastly, turn in a pint of cream and freeze.

**Chestnut  
Ice Cream  
No. 2**

Nuts should be kept in a cool but dry place, and if they are exposed to the air they will soon become very dry, but by covering them with clean dry sand they will be fresh and plump all winter.

**To Keep  
Nuts  
From  
Drying**

Make thick batter with the yolks of two eggs, two tablespoonsful of cream, a spoonful of spinach juice, a little grated nutmeg; peel off half a lemon minced fine, a little parsley minced, and a little flour; dip the oysters into this one at a time, then cover with bread and fry quickly a light brown, and set where they will keep hot. Have ready as many Paragon Chestnuts as oysters, shelled and blanched; rub a piece of butter over bottom of hot saucepan and dredge with flour; put in the liquor drained from the oysters, a blade of mace, and a cup of white wine; add the Chestnuts and let them boil tender; thicken with the yolks of two eggs beaten with four spoonsful of milk; when it boils up thick pour it over the oysters and serve.

**Chestnuts  
and  
Oysters**

Almost everyone has some knowledge of making salted almonds, yet few realize that all Nuts may be prepared in precisely the same way. Nuts that can be blanched are first thrown into boiling water for a few minutes, then pour cold water over them and

**Salted  
Nuts**



rub off the brown skins ; to a cupful of Nut meats add a scant tablespoonful of olive oil, and let them stand an hour, then drain and add to them a tablespoonful of fine salt ; put in a shallow pan and place in a moderate oven, stirring them frequently until they are a delicate brown on all sides.

Blanch one pound of Almonds in boiling water ; reserve a dozen of the largest Almonds, and chop the remainder very fine, then beat the whites of three eggs, add gradually a scant cup of powdered sugar, and when the icing is stiff enough to stand alone, set aside sufficient to ice the top of cake, mix the chopped Almonds and the rest of the icing together and spread this between the layers of cake, using the reserved portion which was not mixed with the Almonds for the top of the cake. Split in two the dozen whole Almonds and use them as a garnish for the top ; stick them in while the icing is still soft.

Shell them ; immerse in boiling water and let stand five minutes ; then dip in cold water and skins can be easily removed with the fingers.

Shell them ; blanch, and spread out thin on plate ; stir through a small quantity of butter and place in slow oven to brown ; take them from the oven, sprinkle with salt, and stir till thoroughly coated, and turn out onto a cloth to cool.

One pound of pulverized sugar, three eggs, one pint of shelled and blanched Almonds, chopped fine ; one saucer of wheat flour. Mix sugar and yolks, add whites, well beaten, and lastly, flour ; drop with spoon, leaving space for spreading.

**Almond  
Filling**

**Almonds  
To Blanch  
Almonds**

**To Salt  
Almonds**

**Almond  
Maca-  
rooms,  
No. 1**





Two eggs, whites ; one coffee cup level full of powdered sugar, one-half pound of sweet Almonds ; pour boiling water over the Almonds to take off the brown skin ; then put them in the oven to dry ; when cold, pound them to a paste, beat up the eggs and sugar to a stiff froth and add them to the Almond paste, milling them thoroughly with the back of a spoon ; roll the preparation in your hands in little balls the size of a nutmeg, and place them on a piece of white paper one inch apart ; bake them in a cool oven a light brown. .

**Almond  
Macaroons,  
No. 2**

Two cups sugar, three-fourths cup cold water ; boil until it hairs ; set away to cool for half an hour and then add a half pound blanched Almonds, chopped in small pieces, and a few drops of either vanilla or bitter Almonds, according to the taste ; stir with a wooden spoon until it creams ; place on a marble slab or a large dish and knead a few minutes as you would bread ; then mold into balls with your hands.

**Almond  
Balls**

Grind half pound blanched sweet Almonds and one and a half ounce bitter Almonds, fine ; stir the yolks of ten eggs with one and a quarter cupful powdered sugar for half hour, and the grated rind of one lemon ; four tablespoonsful fine white bread crumbs, the grated Almonds, and lastly, the whites of eight eggs beaten to a stiff froth ; bake in a buttered and paper-lined form in slow oven one hour ; when done, turn cake out of form, and when cold mix one cup sifted powdered sugar with two tablespoonsful boiling water and one teaspoonful lemon juice ; pour this over the cake.

**Almond  
Cake**



Two cupfuls of butter, two cupfuls of sugar, ten eggs, one quart of flour, one teaspoonful baking powder, two cupful currants, cupful citron in thin, small slices; one-half orange rind, peeled very thin and cut small; one-half cupful Almonds, blanched and chopped fine; one teaspoonful each extract of allspice and cinnamon; rub the butter and sugar to a white, light cream; add the eggs two at a time, beating five minutes between each addition; add the flour sifted with the powder, currants, citron, orange peel, Almonds, and extracts. Mix carefully into a rather soft batter; put in a buttered, paper-lined, shallow cake tin; bake carefully in a moderate, steady oven two and one-quarter hours.

### **Almond Reception Cake**

One cupful of butter creamed with two of sugar; three cupsful of flour, sifted twice, with two teaspoonsful baking powder; one cupful of cold water; four eggs; half a teaspoonful of ground mace; two cupsful of Walnut Kernels, dredged in flour, cut up small, and added alternately with the sifted flour and stiffened whites, cream, butter, and sugar; add the beaten yolks, the water, and spice, the Nuts, whites, and flour—a delicious cake when well baked.

### **Walnut Cake**

One cupful of sugar, half cupful of butter, half cupful of milk, two and one-quarter cupsful of flour, two cupsful of Shellbark Kernels, two eggs beaten light, one large teaspoonful of baking powder, cream, butter, and sugar; add two yolks, milk, flour, Nuts, and baking powder. Lastly, the whites beaten light and stirred in; bake in two tins and ice.

### **Shellbark Cake**



One pound of butter, one pound of sugar, one pound of flour, three pounds of raisins (seed or seedless), three pounds of currants, one pound of citron, one pound of Walnuts, one pound of Shellbarks (Nuts to be ground fine), nine eggs, one cupful of jelly, one cupful of molasses, one wineglass of wine, one teaspoonful each of allspice and cloves. If so desired two teaspoonsful of baking powder, cream, butter, and sugar; add flour, wine, and molasses; then eggs, beaten very light; then jelly, fruits, and Nuts. Bake slowly five hours.

**Fruit Nut  
Cake  
Walnuts  
and Shell-  
barks**

One pound of granulated sugar, one-half pound butter, one pint flour, nine eggs, two pounds seeded raisins, one pound and a half of currants, three-quarters pound of citron, one-half pound of blanched and ground Almonds, two ounces cinnamon, three nutmegs, one-half ounce of mace, one-half ounce of cloves, and one-half pint brandy; dredge the currants and raisins with one-half cupful of flour; mix the spices with the remainder of flour; beat the butter to a cream; gradually beat in the sugar; add the brandy, a little at a time, beating until the mass is smooth and creamy; add the Almonds and beat well; now add the well-beaten yolks of eggs, then the whites; stir the flour in lightly, then the raisins and currants and citron; bake for two hours in a moderate oven. This cake is fine and will keep. Should be baked several weeks before using.

**Fruit Nut  
Cake  
(Almonds)  
No. 2**

Two cupsful of fine white sugar creamed with a half cupful of butter, three eggs, two-thirds cupful of sweet milk, three cupsful of sifted flour, one heaping teaspoonful of baking powder sifted through the flour, a tablespoonful of powdered mace, a coffee-cupful of Hickory Nuts chopped a little; fill the cake pans with a layer of the cake, then a layer

**Hickory  
Nut Cake,  
No. 1**





of seeded raisins, then strew over these a handful of Nuts, and so on until the pan is filled; line the tins with well-buttered paper and bake in a steady, but not quick, oven.

One cupful ground Walnuts, one cupful of chopped seeded raisins, one cupful **Nut Kisses** pulverized sugar; beat five whites of eggs very stiff; add sugar, Nuts, and raisins; also one teaspoonful of vanilla; drop on buttered tins (little larger than macaroons); bake in a moderate oven a light brown.

Shellbarks may be used, but Walnuts are best. Do not use English Walnuts, but the common, black Walnut Kernel. The Kisses will be better when three or four days old.

Four eggs, two cupsful sugar, one cupful milk, one-half cupful butter, three cupsful **Hickory Nut Cake, No. 2** flour, two cupsful Hickory Nut Kernels, two teaspoonsful baking powder; flavor with Almonds; beat sugar and butter to cream, then add eggs, well beaten; add milk; mix baking powder and flour and add; beat well; then add Nuts, sprinkled with flour; last, flavor; bake in moderate oven.

Crack, pick kernels, and chop enough mixed Nuts to have a cupful of kernels; chop **Nut Salad** fine one stock of celery (using only the white part, saving the ends, with leaves, for garnishing); sprinkle some celery salt, pinch of table salt, and mix all with three or four tablespoonsful of prepared meat dressing (any brand you prefer) or mayonnaise, or a slaw dressing. This can be served on salad or lettuce leaves, a small quantity being put on each leaf, or it can be garnished with the ends of the celery stuck upright in the salad bowl. The quantities given make sufficient for six persons.





ENJOYING A CHESTNUT DINNER AT "GLEN ORCHARD."





Chop the Nuts very fine, making a mixture of one-half Almonds, one-quarter English Walnuts, and the remainder Hickory Nuts; butter the bread; slice; put on it a thin layer of the chopped Nuts, a dust of salt, sprinkle of grated cheese, and cover with another slice.

**Nut Sand-  
wiches**

Whites of three eggs, one-half pound of pulverized sugar, one-half pound of Hickory Nut Kernels, one teaspoonful of vanilla, three scant tablespoonsful of flour.

**Hickory  
Nut Cake,  
No. 3**

Two cupsful sugar, one cupful butter, four eggs, three and a half cupsful flour, two teaspoonsful baking powder, one cupful milk, one cupful chopped, seeded raisins, one cupful chopped English Walnuts, one teaspoonful vanilla.

**English  
Walnut  
Cake**

One scant cup of butter, two cups of sugar, one cup of milk, three even cupsful of flour, whites of six eggs, or three whole eggs beaten separately, two teaspoonsful of baking powder, cream, butter, and sugar; add milk; gradually stir in flour and baking powder, then whites of eggs, and lastly, one cup of Shellbark Kernels, chopped fine, stirred in gently; bake in pound-cake mold.

**Shellbark  
Cake, No. 2**

Beat together a cup of butter and two of sugar, adding a little beaten white of egg; then put in a cup of flour, a half cup of sweet milk, then another cup of flour; the last flour must contain two teaspoonsful of baking powder; add the whites of eight eggs (allowing for that which has been taken from them to mix with the butter and sugar). The filling and icing is made as follows: Two cups of Pecan Nuts should soak awhile in a grated pineapple after chopping them fine; now mix them; first, lightly flour the

**Pecan  
Cake**



chopped Pecans into the whites (beaten stiff) of six eggs and powdered sugar ; put whole Pecan Kernels over the top of the cake while the icing is still soft.

Two scant cups of sugar, two-thirds of a cup of milk, butter size of an egg, put all over the fire, and when at the boiling point add one-half pound of English Walnuts chopped fine; let all boil five or ten minutes, stirring constantly; add two teaspoonsful of vanilla ; beat until cool and thick enough to spread.

**English  
Walnut  
Filling  
for Cake**

Chop very fine sufficient Nuts to make one and one-half cupful when prepared ; separate the whites and yolks of five eggs, and beat the yolks with three-quarters of a cupful of powdered sugar ; when very light add four tablespoonsful of flour and the Walnut meal, one teaspoonful of vanilla, and the stiffly beaten whites of eggs; stir in one-half of a teaspoonful of baking powder and pour into a shallow baking pan ; the batter should not be over one inch in depth ; bake in a moderate oven; when cold cut into diamonds, squares, or circles, and dip into melted fondant slightly flavored with vanilla ; before this sets press in the center of each cake an unbroken half of a Walnut kernel.

**Walnut  
Cakes**

Put one and one-half pint of English Walnut meat in a saucepan; add a large slice of onion, a teaspoonful of salt, a blade of mace, and a bay leaf ; cover well with boiling water and boil for ten minutes ; drain, and throw into cold water ; when thoroughly cold dry thoroughly and cut into small pieces, but do not chop ; add sufficient mayonnaise to bind well together. In the meantime put two cupsful of tomatoes in a saucepan over the fire with three whole cloves, one bay leaf, one slice of onion, a teaspoonful of salt, half a teaspoonful of celery salt, quarter of a teaspoonful of pepper, level tablespoonful of sugar ;

**English  
Walnut  
Jelly  
Salad**



cook until the tomato is a soft pulp ; add to this a third of a box of gelatine dissolved in a third of a cup of water ; stir until dissolved, then strain ; add a little lemon juice if the tomatoes are not acid enough ; pour into individual molds which have been wet with cold water ; set away to harden ; then scoop out the center of each mold and fill with the nut mixture ; put the fragments of jelly where it will melt sufficiently to pour over the top of each mold ; place on ice, and when ready to use turn out on tender crisp leaves of lettuce ; decorate with a little star of mayonnaise on top of each, dusting with a little finely-minced parsley.

One pound powdered sugar, one pound of Hickory Nuts chopped fine, the unbeaten whites of five eggs, one tablespoonful of flour, two small teaspoonsful of baking powder ; mix well and drop from a teaspoon upon buttered paper or baking tins ; do not put them too near each other ; bake a light brown in a moderate oven ; weigh the nuts before cracking.

**Hickory  
Nut Maca-  
rooms,  
No. 1**

Crack and skin one quart of freshly-roasted Peanuts, put in buttered tins, and pour over them, when it is prepared, the following : Two cupsful molasses, one cupful of brown sugar, one tablespoonful of vinegar, one tablespoonful butter ; cook until brittle ; test in ice water.

**Peanut  
Candy,  
No. 1.**

The white of an egg with enough of confectioners' sugar to admit being shaped into small balls ; flavor, and press a walnut kernel on each side.

**Cream  
Walnuts**

Melt one pound of Demarara sugar in a quarter of a pint of water and let it boil until the sirup is thick enough not to run off a spoon ; warm three ounces of split California

**Almond  
Candy**





Almonds in the oven ; remove the sirup from the fire and stir in the Almonds and a little essence of lemon ; pour onto well-buttered tins, and when nearly cold, cut into shapes.

Put one pound of loaf sugar and a teacupful of water into a saucepan, stir it well until the sugar is thoroughly melted, take off the skum as fast as it rises, and after it has boiled for fifteen minutes add one tablespoonful of vinegar or lemon juice ; stir in one-fourth pound of sliced California Almonds and pour onto a buttered tin or small pastry tins ; keep in tin until wanted.

Boil three cupsful of granulated sugar and one cupful of water until it hardens when dropped in water, then flavor with lemon ; it must not boil after lemon is put in ; put a Nut on the end of a fine knitting needle, dip it in the candy, then take it out and turn on the needle until it is cool.

One cupful granulated sugar, one cupful chopped Peanuts ; heat the sugar in a hot oven ; when it has melted remove to back of range and add the Peanuts, mixing them thoroughly with the sugar ; spread on a tin and press into shape with knives ; the tin does not need greasing ; cut into bars ; it hardens immediately.

Break into a bowl the white of one egg, add an equal quantity of cold water, then stir in XXX powdered or confectioners' sugar until stiff enough to mold into shape with the fingers ; flavor with vanilla to taste ; after it is formed into the desired shapes lay upon plates or waxed paper and set aside to dry ; have ready some English Walnut kernels ; press them into the cream shapes before setting aside to dry.

**Californ-  
nia  
Almond  
Hard  
Bake**

**Candy  
Walnuts,  
Shellbarks,  
Almonds,  
Etc.**

**Peanut  
Candy,  
No. 2**

**French  
Vanilla  
Cream**



One cupful of molasses, one cupful of brown sugar, one tablespoonful of vinegar, one ounce of melted butter ; mix all together and boil without stirring until it hardens when dropped in cold water ; then add a teaspoonful of baking soda, grease deep square tin pans with butter, fill nearly full with Walnut kernels, pour the molasses candy over them, and set away to cool.

**Candy  
Nuts  
Walnut  
Molasses  
Candy**

Put two cupsful of granulated sugar in a saucepan with two tablespoonsful of water ; set over the fire and stir continually with a wooden spoon ; as soon as it is melted move it to one side of the fire ; drop in the blanched Almonds and take them out at once with a perforated candy spoon or dipper ; lay them on dishes to harden.

**Coating  
for Burnt  
Almonds**





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